

# Washington Massage

John Murray, Editor

# NEWS



Wash. Chapter, American Association Masseurs & Masseuses

November Issue

Port Townsend, Wash.

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## State President's Message

### Not By Bread Alone

We often hear someone remark regretfully that this is an age of commercialism and materialism. Frankly, I believe every age has always been exactly that. Self-interest and personal gain has always been the motivating force behind all human activity. This urge is often tempered, however, by an almost equal desire to help and serve others, and this desire usually determines the kind of business or type of work the individual chooses as his or her own.

We must assume, therefore, that all massage therapists are motivated by a desire to promote and maintain good health for themselves and others. That is our business and our purpose. If we succeed in our work, we need not lie awake at night and worry about our income. The public will take care of that little detail for us. When we permit our hearts and minds to guide our hands, success is sure to follow. Skill and a thorough knowledge of our work are very important, but, skill alone is not enough. Our hands are much more than mechanical tools, they are the means by which we transmit a soothing and healing energy to those we massage and manipulate. This energy flows from the hands and fingers of many healthy people. Many people are not aware of this fact unless and until they have been told. We cannot transmit it, however, if we are not physically and psychically healthy. That is the reason why some are "rubbers" while others are heelers.

Many factors are involved in maintenance of good health of body and soul. First and foremost is love, the Divine emotion that gives us a purpose in living and serving. We must love and worship God, the mysterious Spirit or force that permeates the universe and us, and causes us to live and breathe. We must also love our fellow human beings, our enemies as well as our friends. We must love the awesome but perfect world of nature which operates according to Nature's Laws, the same laws which governs us. God, Nature and human beings cannot be segregated and placed in separate compartments, as civilized people attempt to do with such disastrous results.

In obedience to Nature's physical laws we must first feed our bodies those natural foods which build and repair them and keep them functioning properly. In addition to food, the body must have outdoor exercise, fresh air, pure water to drink and to bathe in, sunshine and air on the bare skin. Internal cleanliness can be maintained by the occasional use of Nature's herbs.

We must not clog and poison our bodies with refined, processed, chemicalized and embalmed foods. We must not poison our minds, our endocrine glands and our Souls with depressing, destructive or vicious thoughts and emotions which finally destroy the physical health, and life itself.

Respectfully,

Pete I. Sitreim, R.M.T.  
Pres. Wash. Chapter



# NEWS

Independent  
Hydrotherapy

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## Something Added

Our members who have promised to write something for one little paper, are either to o  
busy or too forgetful to produce. I am busy too, but will try and add a little different  
spice to the very constructive articles by ~~opp~~ State President, Eitr. im.

I have always been a firm believer in Hydrotherapy. One of nature's oldest remedies  
in co-operation with scientific massage.

Water is used in many ways, with hot, cold, vapor or ice. I find moist heat to have  
widest range of uses, either by hot packs, blanket packs, vapor cabinets baths, whirlpool  
and steam baths.

There are two major types of steam baths in use today. The wet steam, which produces  
a dense fog with a maximum temperature of 120 degrees to 125 degrees with no chance for  
oxygen supply. The rock steam which is produced by heating rocks in a container by gas  
or electricity, then spraying them with water a little at a time, a maximum of 140  
degrees can be reached. While the visibility in the room remains clear and the walls  
and ceiling will remain dry in a good rock steam room. You can feel the steam heat really  
sting the skin, in an ideal rock steam room. John Murray has one of the best rock steam ro  
which is equipped with an electric fan that pulls fresh heated air in from the outside  
insuring plenty of oxygen for the patient. There is nothing to compare with a good sweat  
bath to cleanse the tissues and skin impurities.

The whirlpool bath is another ideal form of hydro-therapy, its chief use is muscles  
and ligament relaxation to relaxation and is used extensively in many conditions of fracture  
convalescents, sprains, lumbago, neuritis, bursitis, besides many circulatory disturbances  
of legs and feet, and a feeling of general well being.

Third daily, bath either by shower or tub is essential to keep the outer body clean.  
A sufficient daily intake of water is necessary for internal cleansing. Water is a must  
in the aid of all body functions, helping to cleanse the digestive and urinary system and  
is the perfect solution for colon therapy.

With the intelligent use of hydro-therapy scientific massage, natures herbs, the  
majority of suffering humanity could be enjoying a healthy, happy life.

Fraternally,

Hlossom Guntley, A.M.T.

Confidence is the feeling you have before you know better.

During the years of my massage practice, many persons have come to me, suffering from emotional and nervous conditions. Of course each one of us know the regular relaxing massage therapy and its great value. In addition to relaxing massage, I have found the following, to be of great benefit.

I ask the patient to find time to take a walk every day. This walk, however, is different from the usual walk. I request that while they are walking that they make a careful search for beauty and beautiful things. I suggest to them that they look at the mountains, the sky, the neighbors flower garden, lawn, bird life and any other thing that is pleasing to the sight and ear, which brings happiness and sense of well being.

Further, I suggest to them that they listen for the songs of birds, and when they hear one, that they take the time to really listen to the singer to the conclusion of his song.

There is much pleasure to be gotten from the songs of our little feathered friends, all too often we are in too much of a hurry to really hear these little fellows do their stuff. I remember with great pleasure the song of the Meadow Lark, out in the fields of Montana, this is a bit of music that is superior to anything man can produce.

These suggestions ought to appeal to the esthetic sense and chase away the gloom and depressive thoughts aside from the benefits of fresh air, laden with oxygen for the lungs and blood stream which gives the circulation a real pep up.

This simple little routine has worked some very wonderful uplifts to some of my patients. Some ~~have~~ told me that now both the husband and wife walk together either in morning or evening, and are enjoying them very much.

The ladies who are sensitive to color usually respond to this therapy greater than men. Men, however, tell me that they have gotten rid of a lot of business and office tension in this way.

Arthur Dunbar R.M.T.

Being as smart as a steel trap means knowing when to shut up.

### I Have A Problem

It is not my turn to be writing for this issue of the Washington Massage News, but to void mailing out empty envelopes, to the members, I have pleaded with some of the faithful contributors, to help me have something for this issue.

### Here is My Problem:

Some seven months ago, a registered nurse was sent to me by the Port Townsend Medical Clinic, a group of five medical doctors, who had diagnosed her condition as a combination neuritis and bursitis. This case was their problem, everything in scientific medicine and electro therapy - in diathermia, and ultra sound had been tried with no favorable results.

I was to try what I felt would give her relief. In view of what had already been tried, I started with hydro-therapy by whirlpool, temperature 108 degrees for 15 minutes, followed by body shampoo and salt glow and shower, then scientific Swedish massage, for circulation improvement, and nerve relaxation, concentrating more in the area of muscle spasm in the trapezius and serratus anterior muscles near the first and second dorsal vertebrae, due to inflammation of the ulnar nerve, of the brachial plexus. She felt quite relieved at the end of treatment, but relief only lasted about three hours with the same result for the next three or four treatments, when she had relief for those days. Finally she had complete relief for three months. When pain began to return, she consulted a specialist in neurology. After his scientific tests, she was told there was nothing wrong, to go home and use ice packs, which she tried with bad results. She is taking therapy from me again, with about the same results as before, relief from two to three hours, to a day, or even a week.

It is a migratory neuritis, descending as far as the lower arm, then ascending to the elbow, the base of the deltoid, the super-spinatus nerve and back to the area of the first and second dorsal vertebrae on the left side.

I do not practice reflexology or zone therapy and I hate to use spinal manipulations if they can be avoided. It has been my good fortune to get good results with hydro-therapy in various ways and scientific Swedish Massage. However, I have worked for chiropractors and Osteopaths in their offices for a total of five years and have done much of their routine joint manipulation.

This nurse is petite, little lady of one hundred and twenty pounds. Extremely well developed muscle structure over the entire body. Because of this, and muscle and nerve tension it is difficult to manipulate the vertebrae. I have applied what is known as the "Bohemian Adjustment" by chiropractors, have gotten movement in a couple of the dorsals, with no better results than without adjustment.

Does anyone have a solution to this problem?

Fraternally,

John A. Murray, R.M.T.

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Port Townsend, Wash.

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Editorial

I wonder if it has occurred to the members of the Washington State Chapter that our three state officers have held their respective offices for the past three years, a record that we and they should be proud of.

I think it fitting and proper that we members should show our appreciation for their efforts to keep this association functioning as it should. It has not been easy, they have attended all meetings and conventions if at all possible, which takes time and their own money. I feel that it is the duty of the State Chapter to pay for including the pictures of the State President, Vice President, and Sec. and Treasurer in our state advertisement to the National Registry.

If you agree that this should be done, write our president Pete Eitrem and let him know, that he may instruct the Sec. and Treasurer to get our state advertisement in before November 15, the dead line.

These officers are too modest to do this without our persuasion.

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Editor

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Bright suggestion for a simplified tax blanks: How much do you have?  
Where is it?  
Send it in?

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